



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Swiss Federal Office of Public Health

Recommendations for the new Coronavirus (SARS-CoV-2)

Federal Council recommendation:

Stay at home, especially if you are old or sick. Unless you have to go to work and cannot work from home; unless you need to go to the doctor or pharmacy; unless you need to shop for groceries or help someone.

The Federal Council and Switzerland are counting on you!









What to do if you have a cough and fever?

Those who suffer from symptoms that could come from the new coronavirus should isolate themselves from their environment.

The Federal Office of Public Health says how to do that:

What do you have to do if you live with a sick person or have had close contact with him or her?

Self-quarantine

	Stay at home for 5 days and minimize contact with other people. This is the period in which most people experience the first symptoms.
	Have family members, friends or a delivery service deliver food and other essential products such as medication to your door.
	Stay alone in a room with the doors closed.
	Avoid all visits and contacts and only leave the room when necessary.
	Wash your hands regularly with soap and water for at least 20 seconds.
	Take your meals in your room. Do not share your household items with other people.
	Clean used items carefully in the dishwasher and washing machine or with soap and water.
	Monitor your state of health: feeling unwell or tired, having fever, coughing or breathing problems can be signs of an infection with the new coronavirus. If symptoms occur, go into self-isolation and follow the appropriate recommendations.

What should you do if you have a respiratory infection with fever and cough?

Self-isolation



Isolate yourself at home and inform all people you were in close contact with during the 24 hours before the onset of symptoms. Only call a doctor if your respiratory symptoms worsen. You definitely have to call if you are over 65 or suffer from high blood pressure, cardiovascular and other diseases.



Have family members, friends or a delivery service deliver food and other essential products such as medication to your door.



Use your own bathroom. If this is not possible, clean the common sanitary facilities (shower, toilet, sink) after each use with a normal household disinfectant.



Keep your distance from other people (at least 2 meters).



Cover your mouth and nose with a tissue when you sneeze or cough. The materials with which you have covered your mouth or nose must be thrown away or washed.



Waste that is contaminated with body fluids (stool, blood, mucus) must be thrown into a designated waste bin in your room before being disposed of with other waste.



Clean and disinfect touched surfaces such as bedside tables, bed frames and other bedroom furniture daily with a normal household disinfectant.



Stop self-isolation at the earliest 24 hours after the symptoms have resolved. If a test for the new coronavirus has been taken, in case of a positive test result, you should remain isolated for up to 48 hours after recovery and at least ten days after the onset of symptoms with a positive result.